COUNCIL ON ACCREDITATION/DoD FITNESS CENTER STANDARDS DEVELOPMENT

COA Partnership Goal

- Develop nationally recognized standards that represent a set of practices that collectively support strong organizational performances and positive service delivery outcomes.

DoD/COA Project Develop National Standards

Develop National Accreditation Standards for:

- Physical Fitness Programs
- Family Readiness Program
- Youth Programs
- Early Childhood Education Programs

Standards Development Process

- Literature review (completed)
- Draft Standards
- Input from national panel (including military)
- Revised standards
- Field comments
- Revise standards
- Field testing
- Final revisions

Literature Review Key Resources

- American College of Sports Medicine
- International Health, Racquet and Sportsclub Association
- Fitness Trainer Council
- National Parks and Recreation Association
- National Strength and Conditioning Association
- YMCA
- DoD Military References (5)

Core Fitness Components

- Pre Activity Screening
- Operating Hours
- Client Orientation and Education
- Client Supervision and Monitoring
- Health, Safety and Security Issues
- Programs
- Equipment and Pools
- Indoor Space
- Outdoor Space
- Auxiliary Services (child care, wellness, diet planning, etc)
- Staff Education, Training, and Qualifications
- Ethical Business Practices

Literature Review Example

- **Client Supervision and Monitoring**
  - Adequate supervision by qualified, trained staff; including staff to member rations
  - Monitoring of individual exercise programs and guidance for adjusting activities
  - Use of Surveillance cameras
  - Supervision requirements for youth
  - Staff that must be on duty during operating hours (e.g. manager, supervisor , etc)
  - Providing spotting with use of free weights
  - Staffing that allows for appropriate floor space, equipment, and staff to member rations during peak usage times

Literature Review Example

- **Indoor Space**
  - Mechanisms fro communication with members (e.g. bulletin boards, signs, etc)
  - Compliance with ADA and building codes
  - Sufficient space for physical activity zones
  - Open access circulation routes to avoid hazards
  - Space to accommodate user demand
  - Sufficient air circulation, temperature, lighting, etc
  - Daily cleaning schedule
  - Court requirements and dimensions, locker rooms, showers and restrooms

Literature Review Military Standards

- Standards vary significantly among Services
- Focus is on broad practice
  - Navy and Marine Corps provide more detail
- Emphasize basic necessities
  - First Aid Kits
  - Locker Rooms
  - Water fountains
  - Indoor courts, pools, etc/Outdoor track and fields
- Refer to compliance with other sources

Literature Review Example

Civilian Resource	DoD	Air Force	Army	Marine Corps	Navy
Fitness floors should provide between 25-50 square feet per piece of equipment	At least 20-40 square feet for each piece of exercise equipment	No standard	Minimum 50 square feet per piece of equipment	•50 Sq.Ft. per piece of cardio •50 Sq.Ft. per piece of selectorized equipment •65 Sq. Ft. per free weight station	Minimum room space is provided but not per piece of equipment

DoD Fitness Standards Development Timeline

Literature Review:

- Winter 2010 (Complete)

Fitness Standards Draft

- Winter/Spring 2010

Panel Meetings – Two Meetings

- Late Spring/Early Summer 2010

Field Comment

- Late Summer 2010